



Indian Spiced Gulab Jamun's

Prep Time: 20 minutes • Cook Time: 20 minutes • 4-6 Servings

Ingredients

- | | |
|---|-------------------------------------|
| 2 Cups Water | 1/4 Tspn Bicarbonate Soda |
| 2 Cups Caster Sugar | |
| 1 Cinnamon Quill (Optional) | 1/2 Tspn Ground Cardamon |
| 1/2 Tspn Green Cardamon Pods (Optional) | 1/4 Tspn Ground Cinnamon (Optional) |
| 1/2 Tspn Whole Cloves (Optional) | 1/4 Tspn All Spice (Optional) |
| 1/2 Tspn Rose Water (Optional) | 25 Grams Butter, chopped |
| 1 Cup Full Cream Milk Powder | Vegetable Oil |
| 1/2 Cup Self Raising Flour | Chopped Pistachios |
| | Dried Rose Petals |
| | Vanilla Ice Cream |



Method

1

Combine water, sugar, cinnamon quill, cardamom pods and whole cloves in a saucepan over medium-high heat. Cook, stirring, until sugar dissolves. Simmer for roughly 5 minutes or until the mixture thickens slightly. Stir in rosewater once you have taken the saucepan off the heat. Set aside to cool slightly.

2

Combine the milk powder, flour, bicarbonate of soda and spices in a bowl. Use your fingertips to rub the butter into the flour. Add the water to make a soft sticky dough (add more water if necessary). Once you have the right consistency shape heaped teaspoonfuls of mixture into small balls using a small amount of oil to help.

3

Heat oil in a deep fryer or saucepan to a medium heat. Once you are satisfied you have the right temperature cook a small batch of the balls, turning regularly, for 6-8 minutes or until golden brown and cooked through. Don't overcrowd your pan as they will expand and they need room to cook thoroughly. Transfer to a tray lined with paper towel. Repeat with the remaining balls.

4

Place the Gulab Jamuns in a dish, arranging them in a single layer, being careful that you allow room for them to further expand. Allow to soak overnight for best results.